JUNE 2023

Moharimet Elementary School





School Information: Lunch Prices: Paid: \$3.00, Free for those who qualify for free or reduced prices. Daily Entrée choices: Yogurt Plate, Chef Salad, Ham & cheese roll ups



Nutrition Tip: Yogurt can be eaten in lots of fun ways. It can be made into a dip for fruits or veggies, used as a base for sauces or substituted for sour cream to top off your taco or baked potato. Try using yogurt in a smoothie to celebrate National Smoothie Day on June 22.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Our Annual School BBQ's will be held on the following

dates: Mast Way: June 12th (MW Rain date June 13th)
Moharimet: June 15th



TIM'S FAMOUS BEEF STEW FRESH BAKED ROLLS GARDEN BAR CHOICES SWEET ORANGE SMILES MILK CHOICES PIZZA VARIETY
CUCUMBER SLICES
GARDEN BAR CHOICES
FRUIT SALAD
MILK CHOICES

CHICKEN & WAFFLES
GARDEN BAR CHOICES
SWEET ORANGE SMILES
MILK CHOICES

FISH TACO
HOMEMADE COLESLAW
GARDEN BAR CHOICES
CHILLED PEACHES
MILK CHOICES

CHICKEN & GRAVY
MASHED POTATOES
FRESH BAKED ROLLS
MIXED FRUIT, GARDEN BAR
MILK CHOICES

PULLED PORK in a
CORNBREAD BOWL
BAKED BEANS
GARDEN BAR CHOICES
APPLESAUCE CUP, MILK CHOICES

PIZZA BITES W/
MARINARA SAUCE
GARBANZO BEAN POPPERS
GARDEN BAR CHOICES
FRUIT SALAD, MILK CHOICES

Brunch for Lunch

PANCAKES W/SYRUP
SAUSAGE LINKS, HASH BROWN
PATTY, JUICE CUP
MILK CHOICES

BONELESS CHICKEN WINGS 13
CRUNCHY BROCCOLI W/DIP
GARDEN BAR CHOICES
CHILLED PEARS
MILK CHOICES

Flag Day – Top Your Own
TURKEY ITALIAN SUB
GARDEN BAR CHOICES
RED, WHITE & BLUE FRUIT CUP

BBQ Lunch Day
CHOICE OF BURGER or
HOT DOG, VEGGIE STICKS
PASTA SALAD, WATERMELON
MILK CHOICES

HAM & CHEESE OR SUNBUTTER
FRESH APPLE
BABY CARROTS
BAG of CHIPS, MILK CHOICES

HAVE A SAFE



AND FUN

SUMMER VACATION!!!

MILK CHOICES

SEE YOU IN THE FALL!





ATTENTION PARENTS:
BE SURE TO CHECK
YOUR CHILD'S ACCOUNT

YOUR CHILD'S ACCOUNT AND CATCH UP ON ANY NEGATIVE BALANCES.



THANK YOU FOR
SUPPORTING THE
OYSTER RIVER CHILD
NUTRITION PROGRAM



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Oyster River Families,

It has been a pleasure, as well as an honor and a privilege to serve your children for the past eleven years. Doris Demers, DTR, SNS